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## Cottage pie



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## Red lentil soup



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## Chilli con carne



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## Peanut butter on wholemeal toast



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## Hummus with wholemeal pitta



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## Tofu couscous





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## Butter bean salad



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## Green lentil stew



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## Pumpkin seeds on porridge



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## Baked beans on wholemeal toast



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## Fish pie



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## Egg salad





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## Jollof rice with chicken



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## Tuna sandwich



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## Basa, potatoes and vegetables



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## Vegetarian spaghetti bolognese





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## Yellow split pea daal with chapati



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## Cashew nut stir-fry